



Vol. 46, No. 10 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, March 18, 2005

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Services spotlights customers

Division gives back to base with free drawings, discounts

By Airman 1st Class Katie Thomas
 Editor

The 374th Services Division is giving back to its customers March 20 through 26.

The Air Force and Pacific Air Forces award-winning organization is sponsoring a Customer Appreciation Week that includes a vacation giveaway, discounts and special sales.

"We value each and every member of this base and their business," said Jan Pierpoint, marketing specialist with the division. "This is our way of saying thank you by giving something back to the community."

Services activities will offer free items, discounts, and giveaway sign-ups throughout the week to Status Of Forces Agreement base members and Japanese Nationals.

The Yokota ITT is offering a drawing for a Shinkansen tour for two people valued up to \$1,000. During the Yokota Arts and Crafts Center sidewalk sale Thursday, there will be drawings for Tokyo Indy 300 Race Tour tickets and free oil changes from the Auto Skills Center.

Several base restaurants are offering free items along with a regular purchase. The Tama Hills Golf Pro Shop and Outdoor Recreation is offering 10 percent off selected items and services. The Services vehicle operations flight is giving free car washes Tuesday.

Services is also hosting a drawing for three \$50 Yokota ITT travel vouchers and a \$138 car detailing voucher from Auto Skills.

The Enlisted Club is hosting a Mardi Gras membership night that features a chance to win a home stereo system. The club is also offering daily free drawings for prizes.

The Officers' Club is sponsoring its weekly theme night March 25, including a drawing for two \$350 Yokota ITT travel vouchers and tickets to the Tokyo Indy race.

Services is also sponsoring a "Gong Show" talent showcase at the Enlisted Club March 26 beginning at 8 p.m. The top three winners receive \$500, \$300 and \$200 respectively along with Services Bucks that can be used at most Services activities. The show will feature musical, improv and comedy acts by community members. The show is free and open to all ranks.

Tomodachi Lanes is giving away seven \$25 Services Bucks during its "Xtreme Glow" bowling night March 26.

Tama Hills and the Par 3 are hosting two tournaments along with special offers throughout the week.

Community members can sign up for the free drawings featured during the week at the location or event it is offered at. For some prizes the winner must be present to collect the prize.

"Services provides the community with morale, recreation and welfare support across the base," said Ms. Pierpoint. "We provide 42 activities including the Enlisted and Officers' Clubs, Samurai Café, child development centers, lodging, a veterinary clinic and pet boarding facility, the Flight Training Center and Aero Club, and Yokota ITT."

The division is the largest employer of military dependents on Yokota. The organization has its own civilian personnel office located in the Yujo Recreation Center with listings for current full- and part-time jobs.

For more details about Customer Appreciation Week, see the Services Division magazine "Horizons" or visit Services link at www.yokota.af.mil.

The hook-up

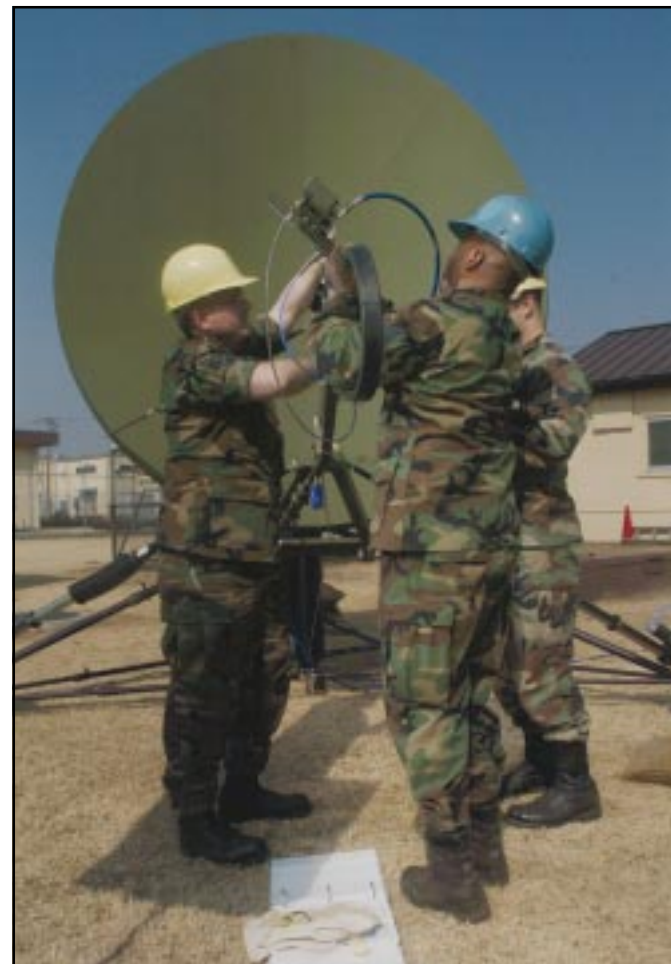


photo by Master Sgt. Val Gempis

Tech. Sgts. John Harshman, left, Douglas Jefferson, foreground, and Senior Airman David Gonzales, all satellite wideband and telemetry technicians from the Operating Location-C, 374th Communications Squadron, Camp Zama, Japan, set up a mobile tactical super-high frequency satcom terminal during training here. The terminal provides reach-back long-haul communications from deployed locations to defense information network systems.

New fee added to vehicle registration, junking by GOJ

Money needed to offset cost of recycling laws for companies

By Airman 1st Class Katie Thomas
 Editor

The Government of Japan has created a new fee to help offset recycling requirements.

The fee must be paid each time a vehicle is registered or it is junked, said U.S. Forces-Japan officials.

Recycling laws have changed to require vehicle junking and disposal companies to recycle more parts. The fee will help companies reach and continue compliance with the new laws.

Depending on the vehicle's year and

model, the cost is between 10,000 and 18,000 yen. Older vehicles may cost less than newer ones with more components such as air bags and other safety equipment. The base community should budget for 18,000 yen to ensure the payment can be made, said officials.

The Land Transportation Office provides the exact fee amount when a vehicle is being registered or junked. The owner's insurance company also assists with calculating the fee amount.

The Japan Automobile Recycling Promotion Center issues proof of payment of the fee. The proof must be

shown to the Land Transportation Office when a vehicle is being transferred between two owners or the assuming owner must pay the fee again, said officials.

The fee is paid each time an owner renews their Japanese Compulsory Insurance every two years. It can be transferred from owner to owner if the vehicle is being bought used. However, new vehicle purchases will include the fee.

Community members should also note that the fee is generally nonrefundable, said USFJ officials.

A refund can be given only if the vehicle is being shipped to another country. Owners can expect to wait six months to one year to receive the refund. Owners also need to have a Japanese

bank or post office account for the Japan Automobile Recycling Promotion Center to send the refund to, said officials.

Within three years all vehicles in Japan should be considered "recycle legal," USFJ officials said.

Eventually additional Cost Of Living Allowance will be given to Status Of Forces Agreement members to offset the cost of the recycling fee, they said.

A fee list with vehicle years and models is available in Japanese only at <http://www.jars.gr.jp/>.

Community members can see their insurance company or the Land Transportation Office for more information.

(Information provided by U.S. Forces-Japan and Fifth Air Force public affairs)

Yokota Airmen make cut for E-8

Information provided by
374th Airlift Wing public affairs

The following master sergeants have been selected for promotion to senior master sergeant:

Brian Anderson, 374th Aircraft Maintenance Squadron; **Carlos Bonda**, 605th Air Support Squadron; **Richard Bullock**, 374th Aerospace Medicine Squadron; **Diana Burr**, Pacific Air Forces Air Postal; **Manuelito Castillo**, Armed Forces Network; **Bryan Colbert**, 730th Air Mobility Squadron; **Arthur Griffen-Krantz**, 605th Air Operations Group; **Douglas Harriman**, 605th ASUS; **Edward Harvey**, 374th Comptroller Squadron; **Robert Hicks**, 605th AOG; **Ed Hock**, 374th Maintenance Squadron; **John Host**, 374th Logistics Readiness Squadron; **Harry Hutchinson**, 374th Civil Engineer Squadron; **Derrick Joe**, 374th CES; **John Lewis**, 730th AMS; **Onofre Martin**, 374th Mission Support Squadron; **Sherri McGuire**, 36th Airlift Squadron; **Scott Nordyke**, 374th MXS; **Eller Pamintuan**, 374th Communications Squadron; **Greg Parmer**, 374th AMXS; **Osborn Richardson**, 730th AMS; **Randy Sadler**, 730th AMS; **Jeff Strong**, 374th Medical Group; **Mark Vlahos**, 374th AMDS.

Myers: Build service pride, jointness

By Jim Garamone
American Forces Press Service

CAIRO, Egypt (AFPN) – Jointness is the way ahead, but that does not mean Soldiers, Sailors, Airmen and Marines are going to merge into some national joint force, the chairman of the Joint Chiefs of Staff said here March 13.

Gen. Richard B. Myers spoke to U.S. servicemembers at the embassy here and complimented them on forming a good joint-service team. But he said he did not think the individual services should go away.

He said pride makes the individual ser-

vice cultures important. He said the pride people show in their service is an important part of why they serve. It is also an important part of “why we do extraordinary things when asked to do (them).”

“Whatever uniform you wear or what patch you wear on your sleeve has a lot to do with our esprit de corps and our willingness to sacrifice for our friends, our comrades and our nation,” General Myers said.

The chairman said a second reason why the individual services are important is because they breed healthy competition.

He said the services compete not for

resources as they did in the past, but for which service can come up with the best ideas.

General Myers said he still thinks there is room for more jointness in the military.

“That does not mean we should not be a well-integrated fighting machine,” he said. “I think we are. We’ve come a long way since Congress had to legislate that we’d be joint back in 1986.”

He said, the military has changed, and anyone studying major combat operations in Iraq or Operation Enduring Freedom will see that service integration is a way of life.

(Courtesy of Air Force Print News)

Jan. 21 – Gauge Lynn Gamble, 7-pound, 8-ounce son of Talia and Joshua Gamble.

Jan. 26 – Donte Anthony Pringle, 6-pound, 8-ounce son of Michelle and Jason Pringle.

Jan. 26 – Rosa Theresa Ramos, 8-pound, 9-ounce daughter of Maria and Ramiro Ramos.

Jan. 26 – Katrina Sakura Saquilan, 5-pound, 9-ounce daughter of Nancy and Kevin Saquilan.

Jan. 27 – Adrianna Naomi Reich, 7-pound, 4-ounce daughter of Maria and Arren Reich.

Jan. 28 – Kellen Thomas Graves, 7-pound, 14-ounce son of Desirae and Kevin Graves.

Feb. 1 – Daniel Joseph French, 8-pound, 10-ounce son of Stephanie and Burton French.

Feb. 3 – Hayes McClendon IV, 7-pound, 6-ounce son of Shelene and Hayes McClendon.

Feb. 5 – Micah Fisher Krupinski, 6-pound, 6-ounce son of Amy and Chad Krupinski.

Feb. 6 – Madisen Elizabeth Claxton, 8-pound, 7-ounce daughter of Jessica and Matthew Claxton.

Feb. 6 – Theresa Nicole Young, 7-pound, 5-ounce daughter of Vilawan and Tracy Young.



Feb. 7 – Dominic Jay Fosco, 9-pound, 3-ounce son of Melanie and Jason Fosco.

Feb. 8 – Gabriel Allen Helms, 7-pound, 12-ounce son of Angela and Corey Helms.

Feb. 8 – Kirsten Lolita Negrete, 6-pound, 11-ounce daughter of Tina and Anthony Negrete.

Feb. 10 – Natalie Ryan Green, 8-pound, 9-ounce daughter of Amanda and Brad Green.

Feb. 10 – Kiohne Bradley Moso, 8-pound, 11-ounce son of Elizabeth and Faleni Moso.

Feb. 11 – Katherine Faith Elliott, 7-pound, 6-ounce daughter of Melody and Thomas Elliott.

Feb. 12 – Kailan Joseph Gertonson, 8-pound, 1-ounce son of Candice and Joseph Gertonson.

Feb. 14 – Chelsea Mae Glassberg, 7-pound, 5-ounce daughter of Maribel and Peter Glassberg.

Feb. 16 – Ayden Orion Lee Jaynes, 7-pound, 4-ounce son of Jenny and Kurtis Jaynes.

Feb. 17 – Robert Eugene Forbes III, 8-pound, 12-ounce son of Brandy and Robert Forbes, Jr.

Feb. 25 – Kyle Micah Wilson, 8-pound, 13-ounce son of Nissa and Rockie Wilson.

AETC names new command chief: RANDOLPH AIR FORCE BASE, Texas (AFPN) – Air Education and Training Command officials recently named Chief Master Sgt. Rodney Ellison as the command’s new command chief master sergeant.

As the command’s top enlisted Airman, Chief Ellison succeeds Chief Master Sgt. Karl Meyers who retired March 11.

The command chief master sergeant advises the AETC commander and senior staff on the morale, welfare and effective use of more than 34,000 enlisted Airmen at locations worldwide, plus the more than 350,000 enlisted Airmen trained and educated in the command annually.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

C-130 crew delivers cargo, morale to remote locations: SOUTHWEST ASIA (AFPN) – When Soldiers, Sailors or Marines need something moved, C-130 Hercules crews here answer the call, and recently, that request took one 746th Expeditionary Airlift Squadron crew to Africa and beyond.

Their mission was to deliver this cargo to Airmen and other servicemembers stationed in Djibouti and the Seychelles, a string of islands in the Indian Ocean.

“It’s a diverse mission, and it takes us around the globe to fill a variety of needs that are always different and changing,” said Lt. Col. Bryan Branby, the crew’s navigator.

Officials select 124 officers for pilot, navigator, air-battle manager training: RANDOLPH AIR FORCE

BASE, Texas (AFPN) – Air Force officials recently selected 124 officers to attend specialized undergraduate pilot, navigator and air-battle manager training.

The board considered 322 applications and selected 75 Airmen in the ranks of second lieutenant through captain to attend pilot training, including sending 15 to attend Euro NATO joint jet pilot training. They also selected 46 Airmen to attend navigator training and 3 for air-battle manager training.

Air Force officials will notify alternates of their selection for training if slots become available. Some Airmen will begin classes as early as May.

AD

Airmen visit Iwo Jima for 60th anniversary

By Senior Airman Edward Drew
374th Maintenance Squadron

IWO JIMA, Japan – A Yokota C-130 flew out to the island of Iwo Jima Saturday to celebrate the anniversary of the battle that occurred there 60 years ago.

Approximately 70 Airmen were chosen to go on the incentive flight to see the historical event.

A commemoration ceremony was held as a reunion of honor for those who fought or lost their lives during the battle.

Amongst the distinguished guests was Marine commandant Gen. Michael Hagee, a medal of

honor recipient and R. Lee Ermey from the movie “Full Metal Jacket” and the television show “Mail Call.”

Marine units from Okinawa, Japan were provided support, medical assistance and transportation for the event. The guests included veterans from other battles and wars, their family members, and the Battle of Iwo Jima survivors including a Native American code talker that fought there.

One of the tours on the island was of the famous Mount Surabachi where Marine Corps soldiers raised two American flags, the second flag was in a famous photograph taken by Asso-



photo by Airman 1st Class Katie Thomas

Yokota Airmen visit a mass grave site for one of the first Marine divisions that landed on Iwo Jima, Japan Feb. 19, 1945.

ciated Press photographer Joe Rosenthal.

Other highlights included medical caves and bunkers

scattered throughout the island and the landing beach where American forces first stepped on the island in 1945.

Cold, flu season continues through April

Community advised to keep following preventive measures, healthy habits

Information provided by 374th Medical Group

The season for colds and flu is closing in on its final weeks.

The base community should still remain vigilant to prevent contracting the illness.

Preventive measures include:

✓ **Frequent hand washing**—Wash hands immediately after using them to cover a cough

or sneeze. Frequent hand washing is the best means of preventing colds or flu.

✓ **Avoid exposure to others**—If personnel/children have a fever above 101 degrees Fahrenheit, supervisors and parents should keep those ill at home and away from work areas or other people.

✓ **Avoid contamination of common use items**—Limit contact with common-use items

in the workplace and home to prevent the spread of infection. Clean common-use items frequently to further avoid spreading the illnesses.

Typical signs and symptoms of influenza include a fever greater than 101 degrees Fahrenheit, chills, body aches, headache, lack of energy, poor appetite, sore throat, dry cough, nasal congestion and runny nose. Colds include all these symptoms except high significant fevers and chills. Home remedies include rest, drinking plenty of water, and over-the-counter cold, flu and pain medication.

Base library goes wireless

Information provided by
374th Services Marketing

The waiting line at the library for using the internet just got shorter.

The library now offers wireless internet access to the base community. People with wireless technology in their laptops or PDAs can take advantage of the free service.

A wireless antenna was recently installed at the library enabling Yokota community members to take advantage of free internet access.

Members should remember wireless internet access is only as good as the signal that their device receives. Buildings, other signals and distance can weaken or disrupt the signal.

Customers should also note that wireless connections can leave a personal computer vulnerable to unwanted access.

For more information about wireless internet at the base library, call 225-7490.

AD

Success: Frame, aim for it with help from AF history

By Maj. Emille Bryant
374th Logistics Readiness Squadron

I am always looking for ways to frame and aim for success.

A mentor of mine insisted success is about fundamentals, communication and proactivity.

Since our Air Force history is filled with examples of these ideas, let's see what the pioneers say.

Fundamentals. In World War II, Gen. Benjamin Davis waged two battles: (1) to defend his homeland; (2) to defend his equality. By focusing on the fundamentals, he won both. Aerial discipline among the Tuskegee Airmen was paramount. He demanded superb airmanship, stressing staying in formation and with the bombers. Gen. Ronald Fogleman, a former Air Force

Chief of Staff, once praised, "This unique success was a testimony to both the skill and the discipline of the Tuskegee Airmen." Furthermore he said, "[they] loitered at the rendezvous point waiting for the late bombers, knowing full well that if the Tuskegee Airmen departed and returned to base, they could expect that the bombers would suffer high losses if they attacked without their fighter escort." Being fundamentally sound led General Davis to the "double V" – victory against tyranny and discrimination.

Communication. Gen. George Kenney had to communicate to win the Pacific air war. According to a review of Kenney's biography in Air and Space Power Chronicles, Kenney "recognized that it was largely intangible factors such as pride

and recognition of a job well done that was the greatest motivator." In essence, he communicated down the chain—what he expected and what they achieved. The review further says, "Repeatedly he lectured [General] MacArthur and other surface commanders on the need to destroy Japanese airpower and then establish bases within range of projected allied operations." Gen. Kenney communicated his needs up the chain as well, clearly and often. Communication enabled Gen. Kenney to lead his small force to legendary victory in the Pacific.

Proactivity. Chief Master Sgt. of the Air Force Thomas Barnes never stopped advocating for the future of the Air Force. In 1999, seeing the need for America to maintain its advantage, he stated, "If we're concerned about deployments

now to other parts of the world, we may, someday, be concerned about deployments to space."

This was from a man who had been retired more than 22 years. He went on to say, "I think the lessons established for future vision is done through what [our pioneers] here charged us with doing . . . [molding a] vision for the future, to keep us ahead of the game." Even as a retired leader, he saw the need for Proactivity—advocating solutions before problems occurred.

Gen. Davis, Gen. Kenney and CMSAF Barnes represent what every Air Force pioneer means to us—lessons learned should never be forgotten. These leaders show us that fundamentals, communication and proactivity lead to success, no matter the circumstance, era or challenge.

'Job' turns into love of service, duty

By Lt. Col. Leslie Dixon
374th Medical Support Squadron

For the past several weeks I've noticed a commercial on one of the local channels where active duty members share reasons why they joined the military.

It struck me that I hadn't thought much about why I joined the Air Force 16 years ago.

I was finishing my master's degree and a year-long residency program at a large hospital and was looking for the right opportunity. I was fairly certain that I didn't want to take a job with the hospital as a healthcare analyst and later train as an associate like many of my friends at the time were doing with other healthcare systems. I wanted more responsibility. I didn't want to go to a job every day where I collected financial and productivity data, analyzed it, made recommendations and went home. I was lucky that didn't happen.

Instead, my adjunct professor was a Medical Service Corps officer in the reserves. He introduced me to the Air Force as an opportunity for immediate responsibility and leadership. I was curious. Having discussed it with my husband, I put in my package. It didn't even occur to me that I may not get selected. Thank goodness a few months later, I was on my way to Sheppard Air Force Base where I learned the basics of military customs and courtesies, how to dress, salute and other things. It was a whole new beginning for me and my family. To tell the truth, I intended to do one tour and move on. Obviously that didn't happen. Sixteen years later I'm still here.

Lately I've heard some of my colleagues talk about the high ops tempo and my troops talk about the seemingly never-ending work. Given today's current world affairs, I'm well aware that military families are challenged and give up a lot to support their active duty husbands and wives. Yet at the

end of the day, I look around and they are still here. Still they continue to pull each other along and get the job done. When the call comes to take that long TDY, they are eager to be chosen. How amazing is that? They are here and what a difference we make together. We are enabling people that we may never meet to have a choice in their lives. We give hope to those who may have only known despair. And we do it gladly and sometimes give the ultimate sacrifice.

Usually once a year, I attend a meeting in Chicago of healthcare administrators. There I have dinner with several of my civilian colleagues. They tell me how well they are doing in their jobs, climbing the corporate ladder. I tell them of my service because I haven't had a "job" in sixteen years. Although I may have joined for the opportunities the job presented, I stay for love of the service and people who make such a difference in our world.



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The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Publisher

DUI Prevention

Feb. 22 - March 1	0
Total DUIs in February	1
Total in 2005	3

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Action Line

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.



Col. Mark Schissler
374th Airlift Wing Commander

E-mail: action.lines@yokota.af.mil

Q I recently saw a newspaper article addressing copyright infringements and trademark violations. The Army and Air Force Exchange Services here has (or had) concessionaires selling what I believe were products violating licensing laws. What should community members do if they see these products being sold?

Thanks for your note. There are many countries with far less restrictive customs laws than the United States and Japan, who are both very strict. Despite those laws, some vendors may obtain knock-off items and sell them. I will ask our AAFES general manager to review their practices with special emphasis on its vendors. Their business practices would not allow counterfeit sales, but that doesn't ensure some crafty violators to succeed.

'Together we prepare'

March marks celebration of American Red Cross

By Airman 1st Class Katie Thomas
Editor

One out of every 100 Yokota community members donates their time to a unique organization.

This organization gets into action when disasters like the recent tsunami in Southeast Asia occur. It also has the duty of informing servicemembers and their families when emergencies happen to their loved ones back stateside.

After 124 years of this kind of service, the American Red Cross is going stronger than ever with chapters and servicing areas blanketing the entire United States and military installations across the world.

Yokota's chapter is marking the organization's annual monthly celebration with numerous events including training, a commissary scavenger hunt, a volunteer recognition ceremony and various training opportunities.

"We really are trying to make certain that the community is prepared for events ranging from typhoons, earthquakes, home fires to cardiac arrests," said Connie Harvey, American Red Cross representative here. "We want everyone to know what to do when these events arise."

This year's theme, "Together We Prepare," focuses on five points for the organization: make a plan, build a kit, get trained, volunteer and give blood.

Ms. Harvey said that at

Yokota they are pushing the first objective, "make a plan."

At squadron and group commanders' calls recently the Red Cross has outlined the basics of the objective. Servicemembers should ensure that their family members back home know their rank, unit and base at minimum. In the event of a disaster occurring at Yokota, servicemembers should contact one family member who will then pass on information to other family members to relieve panic or distress, said Ms. Harvey.

The Yokota chapter held two training classes this month on cardiopulmonary resuscitation and automated external defibrillator, and baby-sitting basics. The training made more than one dozen community members certified and proficient.

In 2004, more than 1,200 community members received Red Cross training. The organization passed approximately 560 emergency messages to servicemembers and their families. The Red Cross here also briefed nearly 1,400 families on how to use its services and communicate with family members who are deployed.

Volunteers are being recruited regularly to help the organization accomplish its mission here. Opportunities include aiding with fundraising and assisting at the hospital.

The Red Cross is also seeking community members to support a newly revived welcome program at the Air Mobility Command passenger terminal here.



photo by Airman 1st Class Katie Thomas

Yokota community members race to gather up items needed for an emergency preparedness kit at the commissary Tuesday. The first five participants to complete the kit received coupons to pay for the kit they assembled. The event was held in celebration American Red Cross Month which is held every March. The local chapter conducted two training classes and will wrap of the month with a volunteer recognition event.

Community members can also fill leadership positions in the local chapter. Interested members must complete an application and go through an interview process before assuming a post, said Ms. Harvey.

The chapter holds an orientation class the second and fourth Wednesday of each month for community members who are interested in volunteer-

ing with the organization. The members will also fill out paperwork about where they would like to volunteer and their skills. Ms. Harvey said the chapter is always looking for volunteers to help in a variety of ways and locations.

The local chapter provides regular training for CPR, AED and first aid, along with baby-sitting classes. It is also offer-

ing instructor courses that allow community members to teach their fellow community members. The instructor classes are scheduled for early spring.

Interested community members can contact the Red Cross office about these opportunities and training at 225-7522 or visit building 4018 during duty hours.

AD

Off base

March 25 through May 29: Showa Memorial Park is hosting Spring Festa 2005, featuring hundreds of flowers and cherry blossoms through the spring season. The park is a 10-minute walk from JR Tachikawa station.

March 25 through April 4: Fussa City is hosting its annual Sakura Matsuri, or cherry blossom festival, featuring taiko drummers and traditional Japanese dancing. The celebration will be held at various locations across Fussa including the Tama Riverbank.

For more information about these events, contact the 374th Airlift Wing public affairs office at 225-7020.

On base

Movies

Today – *The Pacifier*, PG, 7 p.m.

Saturday – *The Pacifier*, PG, 2 p.m., *In Good Company*, PG-13, 7 p.m., *Assault on Precinct 13*, R, 9:30 p.m. (Adult-only showing)

Sunday – *The Pacifier*, PG, 2 p.m., *Assault on Precinct 13*, R, 7 p.m.

Monday – *Coach Carter*, PG-13, 7 p.m.

Tuesday – *In Good Company*, PG-13, 7 p.m.

Wednesday – *Coach Carter*, PG-13, 7 p.m.

Thursday – *Assault on Precinct 13*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. For more information, call 225-8708.

Meeting

The Family Child Care program and Parent Advisory Board are holding a meeting March 25 at 11:30 a.m. at the Officers' Club. For more information, call 225-

3224 or 225-9241.

Culture Day

The 374th Airlift Wing public affairs office is seeking on-base groups that would like to perform during the base's annual Japanese Culture Day. Interested groups can send an e-mail including a description of the performance and recommendations to masao.abe@yokota.af.mil.

Birthday meal

The base dining facility is hosting its quarterly birthday meal March 31 at 5 p.m. Community members with a birthday in January, February or March are invited. Members should sign up by March 29. For more information, call 225-8870.

PO meetings

The Korean-American Association* is holding a general meeting Monday at 6 p.m. in the Yujo Recreation Center. The meeting is open to all community members. For more information, call 227-9581.

The Sons of Hawaii Club* is holding a monthly meeting Saturday at Bldg 3220 beginning at 6:30 p.m. All community members are able to attend this meeting. For more information, call 225-2372 or 225-2877.

The Asian American Pacific Islanders Heritage Month Committee is holding a meeting Tuesday at 10 a.m. in the Yujo Recreation Center. For more information, call 225-4126.

The local Air Force Sergeants Association chapter is holding a meeting March 28 at 7:30 a.m. in the Enlisted Club. The special guest speaker will be Chief Master Sgt. of the Air Force Gerald Murray. All active duty enlisted, Reserve, Guard and retired members are welcome to attend. For more infor-

mation, call 225-7007.

The Yokota Junior Enlisted Council* is holding a meeting April 7 at 3 p.m. in the Yujo Recreation Center. For more information, call 225-2376.

Performing arts

The Vivace* spring break performing arts program is scheduled for April 9 through 15 at the Taiyo Recreation Center from 1 to 5 p.m. each day. Middle and high school students can sign up at the library beginning Tuesday from 7 to 8 p.m. For more information or to register, interested participants can e-mail info@vivacejapan.org.

Thrift shop

The Yokota Officers' Spouses' Club's * Thrift Shop is sponsoring a March Madness Sale at the Taiyo Recreation Center. All thrift shop property clothing, shoes, and purses are \$1 each. All other thrift shop property are half-priced. The store is open from 9am until 1pm on Mondays, Fridays, and the first Saturday on the month.

Japanese class

The Base Training and Education Services is holding a lunchtime Japanese conversational course for adults April 9 through June 9. Registration beginning March 21 for military members and March 28 for civilians. The cost is \$10 per person. For more information, call 225-7337 or visit BTES in building 314.

Talent showcase

The Enlisted Club is hosting "The Gong Show," a talent showcase, March 26 at 8 p.m. Community members can sign up to participate in the show through March 18 at the club's customer service counter. Cash prizes will be awarded. For more information, call 227-8820.

Tax season

The Yokota Tax Center is open in Tower 3002 in the west housing area. The center will be open Mondays through Thursdays from 9 a.m. to 3 p.m. Community members who are filing 1040EZs will

SANDBOX WARRIOR



OF THE WEEK

Senior Airman Alex Engram, deployed from 374th Communications Squadron, is this week's Sandbox Warrior of the Week for displaying the Bushido qualities of sense of justice and honesty and politeness and respect for etiquette.

Airman Engram is deployed to the 379th Expeditionary Communications Squadron in support of Operation Iraqi Freedom.



photo by Senior Master Sgt. John Snow

Senior Airman Alex Engram

be seen on a first come, first serve basis. Community members who are filing all other forms must make an appointment. For more information, call 225-4926.

Easter events

The base natatorium is hosting a underwater egg hunt and duck derby March 26 at 10 a.m. Children age 6 to 16 are invited to participate. For more information, call the natatorium at 225-6133.

An egg hunt is scheduled for March 26 from 1 to 3 p.m. at Synder Field. The event is open to youth up to age 13. For more information, call 225-7422.

The Officers' Club is hosting an Easter Sundry brunch from 10 a.m. to 3 p.m. The meal includes free entertainment and prizes for children. The cost is \$19.95 with a club member's discount for adults and \$9.95 with a member's discount for children.

Tama Hills Recreation is hosting its 17th annual Easter Festival and egg hunt March 27 at 1:30 p.m. The festival includes kids' rides, prizes and refreshments.

Tama Lodge is hosting an Easter buffet from noon to 6 p.m. March 27. To make reservations, call 224-3421.

The Enlisted Club is hosting an Easter celebration during Kids

Klub March 30 from 4:30 to 8 p.m. For more information, call 227-8820.

Chapel Schedule

Traditional (West) Chapel
Catholic: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Other faiths: Baha'i, Tuesdays at 7 p.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Other faiths: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon.

For more information on the chapel schedule, call 225-7009 during duty hours.

PO disclaimer

An asterisk (*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the US Government, the Department of Defense, or the Department of the Air Force.

Did you know?

Yokota's annual Cherry Blossom Day will be celebrated April 2 in the east housing area. The day includes food, fun and entertainment for the base and local Japanese citizens.

AD

**“Quotes”
& Things**

“Albert Einstein was bad in English; of course, Einstein was German.”

Bob Kearney, defending his own intelligence

Bowling: Route 56* is hosting a Leprechaun Bowling Tournament March 31 at Tomodachi Lanes. The cost is \$10 per person plus pledges with five-person teams. For more information or to register, call 225-4955.

Cheerleading: Sports Youth Programs is hosting a Cheer Day event March 26 at 1 p.m. at the Yokota High School. Community members are invited to cheer on cheerleaders from across the Kanto Plain at this event.

Golf: The 374th Services Division is hosting a Hump Day Tournament Wednesday at the Par 3. Prizes include a \$200 golf accessories package and a free round of golf at Tama Hills. For more information, call 225-8815.

Ice hockey: The Yokota Raiders Ice Hockey team is looking for players. For more information, visit www.yokotapirates.com.

Natatorium: The base natatorium is hosting an underwater egg hunt and duck derby March 26 at 10 a.m. for children age 6 to 16. Participants must register by March 25. For more information, call 225-6133.

Outdoor Rec: The outdoor recreation center is releasing its spring outdoor adventure program guide book soon. For more information about upcoming trips and services, call 225-4552.

Warriors celebrate fitness, teamwork

Annual sports day offers events for entire base

By Airman 1st Class Katie Thomas
Editor

Samurai and Kensei warriors can look forward to another base-wide sports and fitness day Wednesday.

Several events are planned including morning aerobics, a 5K run, golf and tug-of-war.

The Samurai Challenge also returns. Participants in the challenge must complete five events including two minutes of push-ups and sit-ups, 30 minutes on a stationary bike, a 200-meter swim, and a 5K run. The first place male and female win 25 points for their respective squadrons.

The squadron or organization with the highest score from participation and placing will win the Commander’s Cup.

The day will also include an awards and recognition ceremony at the Taiyo Recreation Center at 2:30 p.m. The ceremony will also announce the wing’s annual male and female athletes of the year. There will be free food, children’s activities and music by the Pacific Air Forces Band’s Final Approach.

Participants should use the parking lot located at building 1213 by the former base exchange and commissary throughout the sports and fitness day.

All active duty, Department of Defense and nonappropriated-funds civilians and their family members are encouraged to participate in the annual sports and fitness day.

For more information about the events or participation, call the Main Fitness Center at 225-6133.

Samurai Fitness & Sports Day schedule		
Aerobics	6 a.m.	Taiyo Recreation Center
Samurai Challenge	6:55 a.m.	East side/natatorium
5K run/walk	7 a.m.	Passenger Terminal
One-pitch softball	7 a.m.	Snyder Field
Doubles tennis	8 a.m.	West side courts
Co-ed golf	8 a.m.	Par 3
Co-ed basketball	9 a.m.	West side courts
Sand volleyball	9 a.m.	West side courts
Foosball	9 a.m.	Taiyo ballroom
Co-ed swim medley	10 a.m.	Natatorium
Chiefs vs. Eagles	11 a.m.	Snyder Field
Tug-of-war	1 p.m.	West side courts
Awards ceremony	2:30 p.m.	Taiyo ballroom

March highlights healthy eating, nutrition

Information provided by
Health And Wellness Center

Celebrating National Nutrition Month is a great way to recognize the importance of nutrition as a key component of health.

The Health And Wellness Center has planned several events to mark this year’s celebration.

There will be a healthy cooking demonstration from 1 to 3 p.m. Tuesday at the base dining facility, and from 5 to 6:30 p.m. March 28 at the Family Support Center. Certified dietary technicians will show community members how to prepare healthy meals with time to spare.

The HAWC and commissary are teaming up for a guided commissary tour about how to select food for a busy lifestyle.

The Department of Defense Dependents Schools invited parents to eat lunch with their children and learn about proper

nutrition and healthy eating habits from the HAWC.

There are wide varieties of foods available and this can sometimes make it difficult to select healthy choices. Community members can look to these tips, adopted from the new food guide pyramid, for help.

Aim for fitness. Achieve and maintain a healthy weight through a balanced diet and exercise. Engage in physical activity for at least 30 minutes most days of the week. As we age, muscle mass tends to decrease and body fat tends to increase – fortunately, exercise can help slow down this process. Weight bearing exercise, such as cycling, walking or lifting weights, helps keep bones strong, builds muscle and helps prevent osteoporosis. Increase in exercise and decrease in calories can help gain strong, prevent weight gain and aid in weight loss.

Build a healthy base. The food guide pyra-

mid can guide food choices to meet nutrient needs. Whole grains, fruits and vegetables should be the foundation for diet. Low fat meat, legumes and dairy products can be additions to the foundation. A variety of foods will make a diet more interesting while ensuring an assortment of vitamins, minerals and other nutrients.

Choose sensibly. Food choices will affect health. Diets high in fat, especially saturated fat, are linked to heart disease and certain types of cancer. Choose a diet low in saturated fat and cholesterol while also moderate in total fat. Limit intake of sugar and prepare foods with less salt. Season foods with herbs and spices to help limit sodium intake and add flavor. Compare food labels to help choose foods lower in fat, sodium, and cholesterol, and make healthier food choices overall.

Community members interested in more information about healthy eating and nutrition can contact the HAWC at 225-8322.

AD